

Jen Donovan's Yoga Breathing Techniques

1st Healing Breath

Alternate nostril breathing. *Cleans and balances the sun right side body/moon left side body/energies (Ida/Pingala nadi's).*

1. Tip of the tongue pressed to the roof of the mouth.
2. Make hand look like hang loose
3. Block the left nostril with pinky finger and inhale through the right to a count of six
4. Block both nostrils and hold for 3 counts
5. Block the right nostril with your thumb and exhale left for 6 counts
6. Block both nostrils and hold for 3 counts.
7. Block the right nostril and inhale left for 6 counts
8. Block both nostrils and hold for 3 counts
9. Block the left nostril and exhale through the right for 6 counts
10. Repeat steps 3 - 9 six more times (7 rounds total)
11. Remove the right hand and take two normal breath cycles

2nd Healing Breath

Ujjayi Pranayama, also referred to as "the victorious breathing technique"

1. Sit up tall and straight, good posture
2. Hold a hand 6" from your face pretending it's a mirror; fog the mirror on your exhale with your breath and say Haaaaaaa
3. Hands in your lap; close eyes
4. Inhale a count of 3 through your nose slowly; constrict the back of your throat to create the sound of the ocean/white noise which is very calming
5. Exhale out through your nose to a count of 3; constrict the back of your throat making Haaaaaaa sound
6. As you practice this breath you will learn to lengthen the counts to 4, 5, 6.....

Check these resources for a certified yoga instructor or class near you:

<https://www.yogaalliance.org/Directory?Type=Teacher>

<https://yogafinder.com/>

<https://www.yogajournal.com/video>

<https://www.yogajournal.com/meditation>

<https://www.healthline.com/health/fitness-exercise/top-yoga-iphone-android-apps>

<https://www.verywellfit.com/best-yoga-books-3567014>

Health Benefits: overall sense of vitality, mental clarity, healthy lungs and heart, strong/flexible physical body, uplifted positive mood, sleep deeper, and most importantly yoga connects the mind, to the body, by using our breath.

Jen's email for questions: jdonvan@ncjfcj.org

Posture tips:

1. Sit tall
2. Tailbone presses down, and tuck it down (do not overarch the low back)
3. Draw navel in and up
4. Squeeze shoulder blades together (pretend you are holding a marble between them.
5. Drop shoulders away from your ears
6. Tuck chin back

Apache Blessing

May the sun bring you new energy by day...

May the moon softly restore you by night...

May the rain wash away your worries...

May the breeze blow new strength into your being...

May you walk gently through this world and know its beauty ... all the days of your life.

Namaste' means: I honor the place in the universe...that when you are in that place, inside of you...and I am in that place inside of me...we are ONE.